

Post Shorts

Recycling schedule

The recycling pickup for Wednesday, Nov. 2, is plastic, glass and metal. Put items in blue bags and place them on the curb.



Time to fall back

Don't forget to turn clocks back one hour on Oct. 30. Standard time resumes when daylight saving time ends at 2 a.m. traditionally on the last Sunday in October.

Keep Halloween safe for 'trick or treaters'

Halloween and the traditional "trick or treat" activities will be celebrated at Aberdeen Proving Ground Oct. 31.

Children under 12 years of age must be accompanied by an adult. "Trick or treat" activities are specifically limited to 6 to 8 p.m.

Personnel driving in the housing areas during the "trick-or-treat" period are cautioned to exercise extreme care, and to be especially watchful for young children who may not be readily visible or attentive to moving vehicles.

It is strongly recommended that children wear reflective markings on their costumes or carry a flashlight.

The cooperation of all concerned is being solicited to ensure a safe and happy Halloween at APG.

For more information, call Linda Holloway, 410-306-4520.

Christian alternative to Halloween

There will be a Hallelujah Carnival 6 p.m., Oct. 29, at the APG Chapel. All are welcome to join in this family Christian alternative to Halloween including activities such as cakewalk, bingo, Bible trivia, bean bag toss, musical chairs, face painting, crafts and more.

Refreshments, including candy, will be served. Costumes are optional, but nothing scary.

For more information, call Deneen Henson, 410-273-2017.

RAB meeting tonight

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Oct. 27, at the

See SHORTS, page 5

ISSUE HIGHLIGHTS

Page 2

Opening technology boundaries

Page 3

Commentary: A civilian in 'PT land'

Pages 4

Community Notes

Pages 8

MWR

Pages 12

AF tours Gettysburg

Pages 13

Health and Safety

Soldier Show comes to APG for weekend



Photo by JACK L. GILLUND, USACFSC Public Affairs

Members of the U.S. Army Soldier Show sing "Car Wash" during their 2005 tour. The show comes to Aberdeen Proving Ground this weekend for three performances. The 2 p.m., Oct. 29 show is for the 16th Ordnance Battalion and the 2 p.m., Oct. 30 show is for the 143rd Ordnance Battalion. The 7 p.m., Oct. 30 show is free and open to the public. The 90-minute song and dance production, "Operation America Cares," expresses the importance of giving deployed Soldiers a touch of home. For more information, contact Chris Lockhart, Morale, Welfare and Recreation Support Services Division, 410-278-3904/4698, or visit the MWR Web site, www.apgmwr.com.

APG hosts MCEC conference

Yvonne Johnson
APG News

In the interest of enhancing the educational experience for the military's transitioning youths, Aberdeen Proving Ground hosted a Military Child Education Coalition conference at Top of the Bay Sept. 25 and 26.

Overseen by the Transition Counselor Institute, the conference focused on Phase I and II training for counselors from the Harford County school district.

Ivan Mehosky, APG Garrison school liaison, welcomed Dr. Mary Keller, MCEC director, and her aids, Stacey Parry of the MCEC staff and Joyce Ward, a volunteer and military spouse who travels with the organization conducting training at military installations around the world.

Keller briefed the 45 to 50 attendees on the subjects and materials to be covered and the focus of the training.

"Phase I deals with the basics of transition

and Phase II looks at transition from an emotional perspective," Keller said.

The training includes addressing subject matters such as Common Ground, Programs, Perspectives and Research. In addition, a panel of military children and parents participated in topic discussions, providing personal perspectives on their experiences.

Col. John T. Wright, APG Garrison and deputy installation commander, officially welcomed the gathering of school counselors.

Noting that his children have been through 25 transitions during his career, Wright asked that counselors shift their focus in line with the changes that will result from the Base Realignment and Closure directives.

"I ask you to consider that in five years the vast majority of the military will depart this installation," Wright said. "Most of the military remaining will be senior, having primarily middle and high school age children."

See MCEC, page 11

Injury prevention doctor skydives with Golden Knights

Capt. Roberto E. Marin
CHPPM

The U.S. Army Parachute Team known as the Golden Knights recently conducted a demonstration skydive for congressional staffers.

Dr. Bruce H. Jones, manager of the Injury Prevention Program at the U.S. Army Center for Health Promotion and Preventive Medicine, met with the Golden Knights to discuss prevention of injuries associated with parachuting and was invited to join the demonstration jump.

Prior to his tandem jump with Sgt. Maj. Michael Eitnearn of the Golden Knights, Jones attended a one-hour training session where he

learned about the equipment, skydiving techniques, and what to expect during the jump. After completing this training, Jones suited up and jumped from an altitude of more than 13,500 feet aboard a DeHavilland UV-18 Twin Otter aircraft.

Speaking of his jump experience, Jones said, "The Golden Knights display elite skills and exemplify teamwork. They are veritable leaders and professionals."

As Army ambassadors, the Golden Knights' mission is three-fold:

Perform aerial demonstrations for the public and promote the Army and its recruitment effort,

Compete in national and international parachuting competitions, and

Test and evaluate new parachuting equipment and techniques for improved operations and safety.

Several public figures have jumped with the Golden Knights, including President George H. W. Bush, Tiger Woods and Ann Curry of the Today Show.

The Golden Knights won two gold medals, and numerous silver and bronze medals at the 2005 National Skydiving Championships in Perris Valley, Calif.



Photo courtesy of US ARMY
Dr. Bruce Jones, front, manager of the Injury Prevention Program at the U.S. Army Center for Health Promotion and Preventive Medicine, tandem jumps with Sgt. Maj. Michael Eitnearn of the Golden Knights.

Army offers e-training

www.dls.army.mil

Welcome to e-Learning where training is free for all Army personnel anywhere, anytime, 24/7.

With the e-Learning program individuals can access over 2,600 distance learning courses that include: Business Skills, Interpersonal Skills, Computer Professional and User Skills, Environmental, Safety and Health courses, 29 Foreign Languages, and covers over 80 IT Vendor Certification exams. E-Learning offers personal mentoring for most IT certifications, in addition to promotion points and college credit. All of this is at no cost to the individual or unit.

Access e-Learning by going to <http://usarmy.skillport.com> and login or follow the link to register

<http://usarmy.skillport.com>. Student registration has been automated with the Army Training Requirements and Resources System. ATRRS verifies student eligibility for the program and also posts successfully completed courses to the user's official ATRRS training record. It also produces certificates.

The library of courseware is continually updated. Specific recommendations for GS-2210 are now available as are several custom courseware mappings for the School of Information Technology and other organ-

izations.

The fine print

The U.S. Army e-Learning program is in partnership with SkillSoft and a copy of the Program Listing is available for downloading from the login page at <http://usarmy.skillport.com>.

Since funding for this program is restricted to members of the current active workforce, retirees and contractors are not authorized users. A special license can be acquired from SkillSoft. Inquire by reply e-mail.

Users must have an AKO address to register. For assistance with AKO, access the AKO Web site FAQs/Help, or call 1-877-256-8737 (DSN 654-4357).

For assistance with any difficulty in ATRRS, log on to <http://www.atrrs.army.mil/help> or call 703-695-2060 (DSN 225-2060).

For assistance with program or contract management, contact the Army at cbt.help@secbmail.belvoir.army.mil or call 703-806-4907 (DSN 656-4907).

For assistance after registration with logon and password, use the Forgot Password link on the Web site or call SkillSoft Tech Support at 1-866-754-5435 or e-mail support@skillsoft.com.

For customer assistance with questions other than registration and password, See TRAINING, page 11

Help for victims of domestic violence

www.army.mil

Domestic violence is the actual or threatened use of mental or physical abuse that can occur between people involved in a family type relationship, including husband and wife and boyfriend and girlfriend, to gain power and control, said Erica Kane, victim advocate for Marine and Family Services.

The most common reason for a family to be in a domestic violence situation is if there is a power struggle between two members of a family who have let their differences escalate to what can be perceived as a violent situation, said Kane. The victim advocates have many resources available to help people who think they might be in an abusive relationship.

"Oftentimes domestic violence cases are

not brought to light due to a common fear among individuals who do not know what the future might hold, but what they do not understand is that without intervention domestic violence can increase in severity and frequency," said Marla Monk, victim advocate for Marine and Family Services.

The types of abuse can be categorized as mental, economic or physical abuse.

If a person needs assistance or has a question about a domestic violence situation, call the 24-hour MCCS One Source hotline, 1-800-869-0278, said Monk. MCCS One Source is an informational tool that can be used by service members and their families to answer questions and receive advice pertaining to legal, education and parenting issues as well as numerous other topics.

Crossing boundaries in search of technology today



Photo by U.S. ARMY
Personnel with the U.S. Army Research, Development and Engineering Command's International Technology Center scan the globe for technologies, such as the new M777 Howitzer, currently available in overseas markets that can benefit and enhance Army capabilities.

Larry D. McCaskill
RDECOM

It's an old adage and an even older philosophy: Why reinvent the wheel? In today's global environment of research and development, the same

can be said of technology

In an effort to leverage global technology, the U.S. Army Research, Development and Engineering Command opened the technological boundaries between the command and the world through its

International Technology Centers.

"The mission of the ITCs is to search for technologies currently available in overseas markets that can benefit and enhance Army capabilities," said Brig. Gen. R. Mark Brown, RDECOM deputy commanding gen-

eral, Systems of Systems Integration. "What we are doing is creating a technology marketplace external from our technology base."

In doing so, SOSI is introducing technology from non-traditional areas into the U.S. Army technology base.

"A mechanism was needed for gleaning potential science and technology opportunities from all sources outside of RDECOM," said Michael J. Dudley, director of SOSI's International, Interagency, Industrial and Academia Directorate (3IA). Dudley's 3IA directorate has the responsibility of overseeing technology center operations.

"Our mission is to help identify and leverage critical, cost-effective, technology initiatives from outside RDECOM to meet Army needs," Dudley said.

There are nine Army ITCs worldwide located in Canada, Germany, France, the United Kingdom, Argentina, Japan, Australia, Singapore and Chile.

Brown said there are other locations, such as China, Russia, Brazil and others, where the possibility of discovering technology the Army could leverage is high.

"We want to go places where we

will find technology that will help maximize the research and development budgets we operate under," he said.

Currently, the centers are in the best locations to fulfill the mission, according to Lt. Col. James S. Gigrich, military deputy, 3IA.

"To achieve and support the current and future force, we must develop and evolve a robust ability to identify, acquire, and integrate critical technologies available from international sources into weapon systems," Gigrich said. "While the task is complex, the rewards are great. International armaments cooperation has the potential to significantly improve interoperability for coalition warfare, to leverage scarce program resources and to obtain the most advanced, state-of-the-art technology from the technology and industrial base."

Keeping in mind the three mission areas: the current fight, the current force and the future force, Dudley said it's vital the Army maintains a balance between the three without sacrificing one for another as it looks at available technologies.

"It's beneficial to the Army to gain and maintain access to the best
See TECHNOLOGY, page 11

APG hosts Disability Awareness Day events

Story and photos by
Yvonne Johnson
APG News

Dozens of Aberdeen Proving Ground Soldiers and civilians attended the Disability Awareness activities at the Edgewood Gunpowder Club Oct. 13.

The event included a self-defense workshop by officers from the APG police, displays of services offered by Harford County and private organizations, and presentations by representatives from the

Office of Personnel Management Disability Division.

Judy Matthews, co-chairperson of the APG Disability Committee, welcomed attendees and introduced the program's guest speaker, Col. John T. Wright, APG Garrison and deputy installation commander.

Noting that "some 49 million Americans are reported to have some form of disability," Wright said that "the remaining workforce, over time, will experience some level of dis-

ability, be it back problems or otherwise.

"Today, I ask that we not only think about today but about the Base Realignment and Closure, which will bring a significant amount of new employees to APG," Wright said. "With this influx, there will be a percentage that will need accommodations."

He said that as facilities are renovated to make room for the influx, "facilities must ensure that those needs, like ramps and parking spaces, are provided for."

"I call on those of you involved in organizations and committees to ensure these issues are addressed," Wright said. "We need your input."

After taking questions, Wright thanked all for coming. "I appreciate your input today and tomorrow as we go forward," he said.

Attendees dispersed, taking in the series of discussions and events offered. A popular stop was the self-defense class offered by APG police officers John Fetzer and Chuck Grimasuckas.

Fetzer, a Jujitsu instructor, explained that they would be demonstrating "soft hand" techniques for evasive moves and counter attacks.

"Self-defense is common sense," Fetzer said, "involving basic techniques that we do instinctively."

"Having a disability doesn't have to stop you from defending yourself," Fetzer said. "All

it means is that you have another area you need to work on."

Dressed in traditional martial arts uniforms, Fetzer and Grimasuckas demonstrated several evasive and defensive techniques on a mat, and then invited attendees to participate.

"Learn to use what you have, be it a set of keys or a bobby pin," he said, "and pay attention to pressure points."

Attendees agreed they learned a lot from the presentation.

One participant, Pauline Gregory, a nurse from the Free State ChalleNGe Academy, after learning to overcome someone twice her size, said, "I just came to observe but I learned things I can actually use."

"It was an outstanding presentation," added Carlton Williams, branch chief, OPM Disability Division, after participating. "It was better to

allow people to participate instead of just watching so they can be prepared to use what works for them," Williams said.

In addition to self-defense, Mike Farlow, APG community policing officer, provided an information display on theft prevention, identity theft and other crime fighting materials.

Other displays included Chesapeake Rehabilitation Equipment by Robert Stout who featured an electric scooter that can be disassembled.

"We specialize in innovative rehab solutions supporting individuals and nursing homes from Baltimore to Delaware," Stout said.

At the Upper Chesapeake hospital's health display, disability coordinator Marty Knutson demonstrated a text-to-sign-language laptop program that enables health care givers to communicate with the deaf or hard of hearing.

"The program converts text or voice to sign language and is now in use in emergency rooms," Knutson said. "This fills the gap until a qualified interpreter can get there."

In addition, representatives from Legg Mason offered information on investment management and long-term care decisions, and Tracie DeFreitas-Saab, a human factors consultant from the Job Accommodations Network, JAN, gave a presentation on accommodating those with disabilities.

"We focus on the tools we've developed and elements of disability issues," DeFreitas-Saab said.

"People can learn more at our Web site, www.jan.wvu.edu," she said.

To round out the event, Koons of Annapolis provided three vans with rear and side-entry ramps and hand controls for attendees to view.



Angie Barnett, from the APG Equal Employment Opportunity Office, deflects an attack by an 'aggressor,' APG police officer Chuck Grimasuckas, during a Disability Awareness Day self-defense workshop at the Edgewood Gunpowder Club Oct. 13. Looking on is John Fetzer, APG police officer and Jujitsu instructor



An IBM laptop computer on the Upper Chesapeake Hospital display table shows the text-to-sign language program used by hospital emergency rooms for the deaf and hard of hearing.



Carlton Williams, right, Disability Division branch chief from the Office of Personnel Management, attempts to take a gun away from his assailant, APG police officer Chuck Grimasuckas, left.

Assistance dog brings freedom, joy to persons with disabilities

Mikey Graziano
CFC Co-chairperson

Fidos For Freedom, Inc. is run by a dedicated group of volunteers who strive to improve the quality of life for people living in the Baltimore-Washington metropolitan community through the use of hearing dogs, service dogs and therapy dogs, and is Central Maryland Combined Federal Campaign 2005's charity number 3774.

The assistance dogs that are trained by Fidos volunteers will spend approximately two to three years being socialized, learning basic obedience and the specialized work that they will perform once they are matched with a client who can utilize their special talents.

"Linus brings me joy, freedom and laughter everyday in every way," said Service Dog Client Doris M. "His skill at retrieving the items I continually drop is only surpassed by his patience in bringing them to me over and over until I am able to grasp them and hold on. Having him by my side gives me the independence and courage to pursue new ventures. It is truly my privilege to be partnered with Linus."

Hearing dogs are trained to reliably alert people who are deaf or hard-of-hearing to all of the significant sounds in their environment such as the telephone, a smoke detector and an alarm clock. Service dogs are trained to aid individuals who are mobility impaired to achieve their

desire to be independent by performing tasks that are physically demanding and/or frustrating. These include retrieving dropped objects, opening doors and helping a person who has fallen to stand.

"When I remove my hearing aids to go to sleep at night, I cannot hear," said Hearing Dog Client John M. "I feel very safe with Radar by my side, knowing that he will alert me if anything unusual happens. Words cannot describe how I feel about him and what he does for me. I will be forever grateful to Fidos for making it possible for me to have him. It has changed my life."

Therapy dogs are owned by Fidos' volunteers and are specifically trained to perform quality pet therapy visits at local healthcare facilities. Therapy dogs provide unconditional love to residents of nursing homes or patients in local hospitals. These very special, well-mannered and obedient dogs provide emotional and physical benefits to many people in the community who miss their own pets.

Fidos DEAR (Dogs Educating & Assisting Readers) Literacy Program is a new venture by Fidos For Freedom, Inc. that is taking place in local schools and libraries. The DEAR Program improves reading skills of elementary school students by encouraging them to read one-on-one with a Fidos Therapy Dog in a relaxed learning environment.

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

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Deadline for copy is Thursday at noon for the following Thursday's paper.

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The APG Forum

Commentary — A civilian in ‘PT land’



Photo by DIANE PARKS, RDECOM

Julie Cupernall
RDECOM

I am an intern in the RDECOM PAO office. As part of my first year of training as a public affairs specialist I had to complete a laundry list of tasks. The list include everything from learning how to build an office budget to participating in a Soldier event with the purpose of writing an article for publication.

It was the quest to satisfy the latter that started a fateful conversation with Capt. Brian Hoffman, commander, Headquarters and Headquarters Company, 20th Support Command.

“Can I shoot some guns?” I asked.

I’ve always imagined that I could possess a little of Annie Oakley’s spirit if given the chance.

“Our next Range is not until early October and it’s at Fort Indian Town Gap, Pennsylvania,” Hoffman e-mailed. “You are more than welcome to come then and hopefully it will be cold, really cold so you can experience realistic Army training.”

Pretty sure that Oakley was a warm-climate sort of gal, I passed on the range idea.

“What about physical training? Can I do PT with the Soldiers one day and write about it?” I wrote back.

While waiting for his reply, I decided to dine on a donut of questionable shelf life. Just thinking about PT was already burning calories. Enjoying my meal of sugar and grease, I was already warming up to the PT idea.

“Just get ready to run.” Hoffman replied. “We’re training for the Army 10-Miler.”

Don’t you just hate it when you get donut caught in your throat?

As if training for a “10-miler” wasn’t daunting enough, Hoffman then decided that one day wouldn’t do if I wanted the true flavor of PT.

At one point the plan ballooned to six days of participation. When all was said and done (and with some late-breaking travel orders in hand) we settled on four days.

And so the story of chlorine, sweat and newfound respect began.

Day one: Jumping in the deep end
Swim PT with Company A, 22nd Command Battalion

I rolled into the Knight Diver Pool building around 6 a.m. I’m pretty sure I still had pillow lines on my face. The task ahead—the Navy Second Class swim test.

The Soldiers I swam with were working toward acceptance into advanced water sur-

vival training, or Dunker Training. There they’ll learn what to do should the helicopter they’re riding in need to make a watery landing.

“We must be able to conduct mission support requirements in a wide variety of locations and conditions,” said Capt. Ron Mussone, Company A, 22nd Command Battalion. “One of these conditions is the ability to survive in the event of an ‘over the water’ aircraft accident or other instance where water survival skills are a matter of life and death.”

The first part of the Navy Second Class swim test – a pre-requisite for Dunker Training - is 25 meters each of freestyle, sidestroke, breaststroke and backstroke.

At 6:30 in the morning it’s quite enough to get your blood moving. The workout felt great, but didn’t turn out to be the optimum way to start the next step of the test.

The next task, which had to be done immediately after the laps, was a five-minute prone float. That is floating on your stomach, only coming up for air when you need to, one agonizing breath at a time.

Now keep in mind my heart was really pumping. This is not a great time to tell your body to make do with less oxygen. The prone float was nothing short of torture, and perhaps ranks among the five longest minutes of my life.

Finally, the prone float ended and I finished the test with a five-minute back float.

Leaving the swim test, I was struck with how many areas of physical proficiency Soldiers must conquer. I think when most folks picture Soldier PT, they picture troops running in formation.

My first day of research for

this article, I had to jump in the deep end to get a glimpse of the bigger physical training picture.

Day two: No Soldier left behind
Army 10-miler training with 20th Support Command team

I’m not sure, but I don’t think I drive 10 miles to work every morning. But on my second day of PT, I trained with a team of Soldiers working toward running ten miles in an annual competition in Washington, D.C.

The aforementioned Hoffman (the man behind the PT plan) runs in this pack. He assured me right off that we’d be completing the easiest ever PT in his 10-miler training plan, a four-mile, easy paced jaunt.

Of course the term, ‘easy,’ is completely relative. Suffice it to say, I finished the four miles. It was rough going. With about a mile left, severely lagging, I noticed that the 10-miler team started looking closer. Only for a moment deluded by the thought that I was catching up, I soon realized that they were running toward me.

“It’s our policy, Ma’am. No Soldier left behind,” one only slightly sweaty runner enlightened me.

We wrapped up the hour and a half PT with some time on the free weights. Originally, there were no weights in the room that I could actually lift. After retrieving some ten and fifteen pounders from storage, I was able to hobble through.

Although my muscles were sore, it was really my pride that took a beating at this PT. By no means do I see myself as an Olympic athlete, but I was hoping to get through this

article without embarrassing myself. Day two, realization two - Soldiers start their day the hard way - pushing their physical limits. Discipline for breakfast.

Day three: Feel the burn
Endurance training with 1st Sgt. Boozier

I woke up the morning of my third day of PT feeling sore. My poor muscles were starting to complain already, and I was only half done with my PT tour. Still I forged ahead to meet 1st Sgt. Montonya Boozier, Headquarters and Headquarters Company and 20th Support Command, for some one-on-one instruction.

The first thing I noticed about Boozier is that she wears the Physical Fitness Badge for physical fitness excellence on her PT uniform. Boozier is just over five feet tall, and is built of solid muscle.

She shared with me that on top of her five days of morning work-outs, she exercises on her own time.

Her plan for my continued physical training enlightenment was an hour of strength and endurance training. Slow, deliberate repetitions - sometimes with weights, sometimes just using your body’s own weight - with one goal: to fill your muscles with red hot lactic acid.

“You’re going to feel the burn,” Boozier told me as I climbed onto one especially odd looking machine.

She was right. Simple enough to do, but pulling weights in one continuous motion from over your head to your waist works muscles I didn’t realize I had.

Boozier was especially nice

See CIVILIAN PT, page 13



Photo by CONRAD JOHNSON, RDECOM
Advanced Individual Training Soldiers from the 143rd Ordnance Battalion stretch for their morning run.

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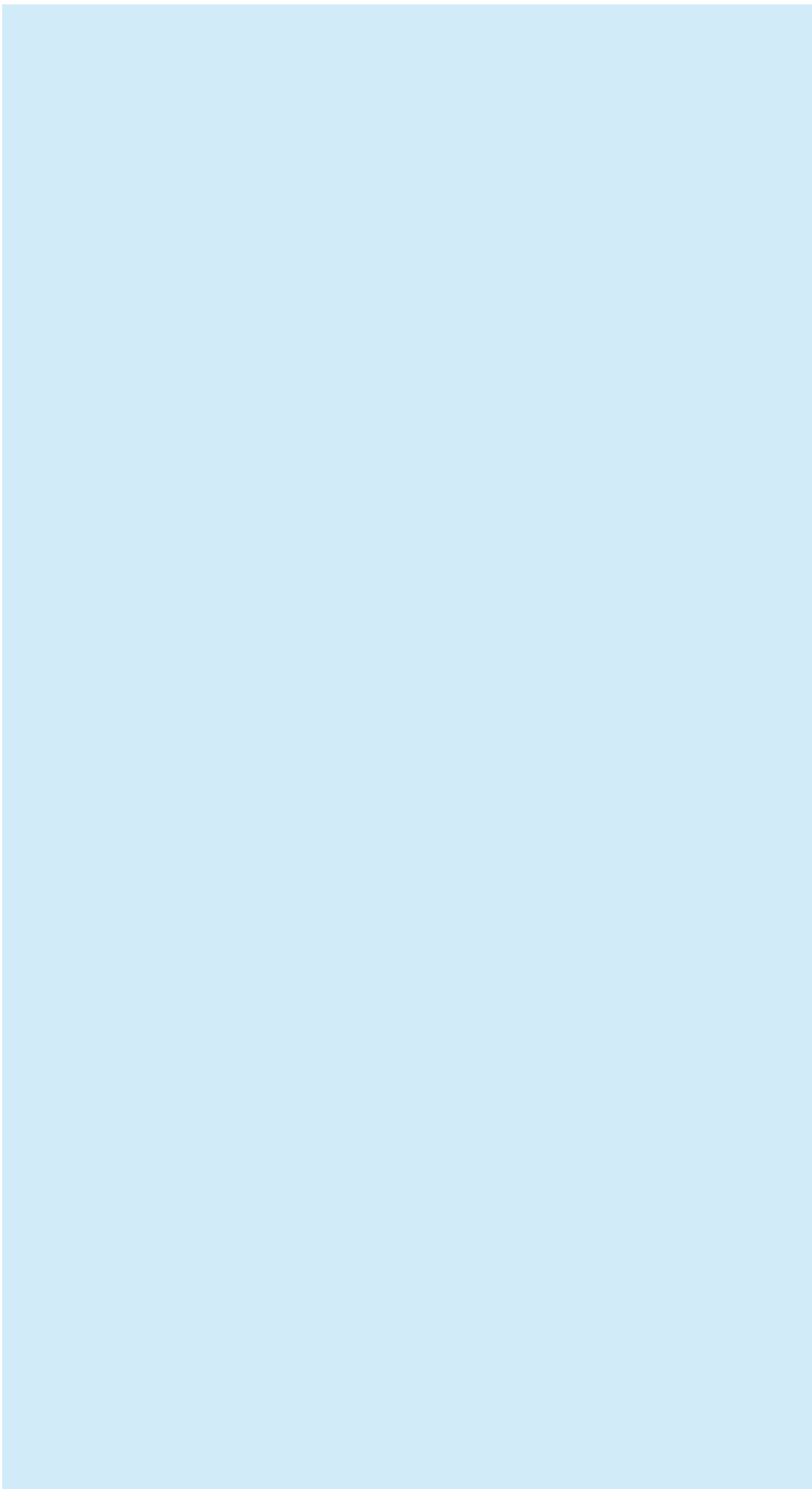
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Community Notes

**THURSDAY
OCTOBER 27
FALL FOLIAGE AND
LIGHTHOUSE CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Fall Foliage and Lighthouse Cruise, noon to 3 p.m., on

the Skipjack Martha Lewis. Tickets cost \$30 per person and include the cruise, sandwiches and refreshments.

Enjoy a three-hour cruise around the Susquehanna Flats area and view the fall colors and lighthouses including Concord Point,

Turkey Point and Fishing Battery Island. Credit cards will be accepted.

For reservations, call 410-939-4078.

**FRIDAY AND SATURDAY
OCTOBER 28
AND 29
GRACE ASSEMBLY
WOMEN'S CONFER-
ENCE**

The Grace Assembly of God will host a Women's Conference, 4 p.m., Oct. 28 to 5 p.m., Oct. 29, at the Princess Royale, Ocean City, Md. "Woman of Radiance" will be presented by guest speaker, Joan Epstein, Bible speaker and former chairperson for the Christian Women's Club.

For more information, make reservations and reserve tickets, call Jan Bowersox, 410-879-5340.

**FRIDAY
OCTOBER 28
SUNSET CRUISE**

The Chesapeake Heritage Conservancy, Inc. offers the last Sunset Cruise of the year, 6:30 to 8:30 p.m. on the Skipjack Martha Lewis. Tickets cost \$20 for adults and \$10 for children under 10 years of age. The ship will cruise around the Susquehanna Flats and upper Chesapeake Bay. Purchase tickets now before they're gone. Credit cards will be accepted.

For reservations, call 410-939-4078.

**SATURDAY
OCTOBER 29
OCTOBERFEST**

The Harford County Women's Bowling Association will hold an Octoberfest, 7 to 11 p.m., at VFW Post 10028, 821 Old Philadelphia Road, Aberdeen. Cost is \$30 per person and includes a DJ, Bingo pulls, basket of cheer, raffles, steam shrimp,

pit beef, pit ham, salads, veggie and cheese trays, dip, chips, pretzels, beer, wine and soda. There will be a cash bar.

Proceeds will benefit the Harford County SARC, Cecil-Harford County Youth Bowler's Scholarship Fund and Perry Point Veteran's Hospital.

For more information, call Judy Wheeler, 410-273-6369.

**NATIONAL DAY OF
DOING GOOD**

Harford County Department of Community Services, Volunteers Connection & RSVP will hold Make A Difference Day 10 a.m. and 2 p.m. at the Volunteer Connection, 145 North Hickory Avenue, Bel Air.

Anyone can make a difference in the lives of Harford County's babies and their families by donating baby items for less fortunate families. Diapers size 0 to 5, sleepers, socks, new or like new baby clothes, baby wipes, lotion, shampoo, powder, baby cereal, formula and all other baby items will be accepted.

Volunteers from local agencies who serve these families will be on site to receive donations.

For more information on this or other volunteer service projects, call 410-638-4444 or visit Web site, www.harford-countymd/volunteer.

CHPPM BASKET BINGO

Basket Bingo to benefit the CHPPM holiday party will be held at the Gunpowder Club, building E-4560, located on Parrish Road. Doors open 6 p.m., Bingo begins 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverage and baked goods will be available. Enter post with a valid driver's license.

For more information or to purchase tickets, call Anne

Gibson, 410-378-3338 or Beth Boffen, 410-436-8773.

**CHILDREN'S HAL-
LOWEEN PARTY**

Charlton-Miller VFW Post 6054 and Ladies Auxiliary will sponsor a Children's Halloween Party, 1 to 3 p.m. Bring the children and enjoy, games, prizes, food, and lots of fun. There will be a special door prize for the "Scariest" Costume and a special guest will talk to the children about safety.

For more information, call Linda Robinson, Youth Activities Chairman at 410-272-3444.

BASKET BINGO

Basket Bingo to benefit the USNTC Bainbridge Historical Association will be held at the VFW Post 8185, Route 222, Port Deposit. Doors open 6 p.m., Bingo begins 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverage and baked goods, door prizes and raffles will be available. No smoking is allowed. For more information or to purchase tickets, call Anne Gibson, 410-378-3338, Carolyn Spencer, 410-378-3219 or Brenda Conjour, 410-273-7332.

**SUNDAY
OCTOBER 30
RED CROSS HOLDS
BASKET BINGO**

Basket Bingo to benefit the American Red Cross Hurricane Katrina victims will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 2 p.m., Bingo starts at 3 p.m. Tickets cost \$10 per person for all paper cards. Food, beverages, baked goods, door prizes and raffles will be available. No smoking is allowed.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338, Randy Ryan, 410-378-2015 or VFW Post 8185, 410-642-9297.

BASKET BINGO

Basket Bingo to benefit the Prince of Peace Church Faith Formation Program will be held at the Prince of Peace Church, 2600 Willoughby Beach Road, Edgewood. Doors open at 1:30 p.m.; Bingo starts at 2:30 p.m. Advanced tickets cost \$12 per person, \$15 at the door. Price includes 20 regular games. Four special games will be sold separately. Refreshments will be offered. For more information and/or advance tickets contact Joanne, 410-679-5912 or Dolores, 410-679-1718.

**FALL FOLIAGE AND
LIGHTHOUSE CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Fall Foliage and Lighthouse Cruise, noon to 3 p.m., on

the Skipjack Martha Lewis. Tickets cost \$30 per person and include the cruise, sandwiches and refreshments. Enjoy a three-hour cruise around the Susquehanna Flats area and view the fall colors and lighthouses including Concord Point, Turkey Point and Fishing Battery Island. Credit cards will be accepted.

For reservations, call 410-939-4078.

**THURSDAY
NOVEMBER 3
DRIVE-THRU FLU
VACCINE CLINIC**

The Harford County Health Department will hold a Drive-thru Flu Vaccine Clinic, 1 to 4 p.m., at Ripken Stadium, 873 Long Drive, Aberdeen. In case of rain, the clinic will be moved inside.

The clinic offers a flu shot for senior residents or anyone who may have difficulty walking. The cost of the vaccine is \$15 or Medicare may be billed with proof of card.

Wear a short sleeve or loose fitting shirt to allow the nurse access to the upper arm area where the shot will be given.

People with serious allergic reactions to eggs or a previous dose of influenza vaccine and people with a history of Guillian-Barre Syndrome, should talk with their doctor before being vaccinated.

For more information to specific medical questions regarding the flu vaccine, call 410-638-8460.

**SATURDAY
NOVEMBER 5,
2005
25YEAR CHOIR
ANNIVERSARY**

The Mt. Zion Male Choir and Pat Hector celebrate their 25 year choir anniversary, 6 p.m. at the Oak Grove Baptist Church, 2106 Churchville Road, Bel Air. Luther Barnes and The Sunset Jubiliars along with Rev. F.C. Barnes and Company will be in concert. Admission is \$25. To purchase tickets, call 410-676-2121 or 410-272-1469.

**SATURDAYS
NOVEMBER 5 &
12
COUNTY OFFERS
EMERGENCY PRE-
PAREDNESS TRAINING**

The Harford County Department of Community Services is offering free Certified Emergency Response Training to eligible Harford County residents. The three-session course will be held 9 a.m. to 4 p.m. at the Harford County Emergency Operations Center, 2220 Ady Road in Forest Hill.

The course will cover basic fire safety, disaster medical operations, light search and rescue and disaster psychology along with a simulated emergency response exercise.

"The goal is to help students learn how to protect themselves and their neighbors during an emergency," said Harford County Community Services Director Mary Chance.

The deadline to register for the Nov. 5 class is Oct. 28; for the Nov. 12 class by Nov. 4. To register, call 410-638-3389 or online at www.harfordcountygov/volunteer.

**SUNDAY
NOVEMBER 13
BASKET BINGO**

American Legion Post 194, 336 E. Main St., Rising Sun, is sponsoring a basket bingo. Games start at 3 p.m. \$10 for 20 games. For more information, call 410-658-3915, or e-mail basketbingo@zoominternet.net. Proceeds will benefit Boy Scout Troop 28.



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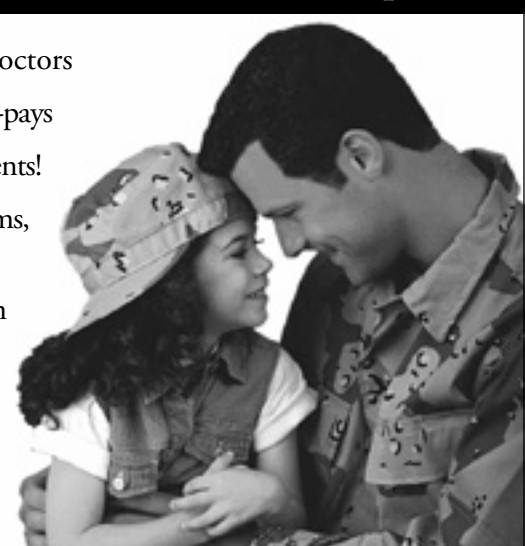


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Want to know more? Come to a Briefing!

Thursday, October 27 and November 17, 6:30–8:30 p.m.
Aberdeen Proving Ground Recreation Center, Television Room
(Corner of Raritan and Erie Streets)


Reservation is Required Call 443-287-2529



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TRICARE



US FAMILY
HEALTH PLAN

Post Shorts

Edgewood Senior Center on Gateway Road.

The topic of the meeting will be an Update of the Existing Performance-Based Contracts.

Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line at 410-272-8842 or 1-800-APG-9998.

Thrift Shop to disburse funds

Oct. 31 is the last day the APG Thrift Shop will accept requests for donations from schools, service organizations and military units.

The request should include the name of the organization, point of contact, address, telephone number, amount requested and specific details on what the funds will be used for.

In the past donations have been granted to Aberdeen schools, the Boy Scouts, Army Community Service, the APG Fire Department and veterans organizations.

Mail or drop off requests to APG Thrift Store, building 2458, APG, MD 21005-5001.

TRICARE briefing tonight

Military families are invited to a briefing on the US Family Health Plan at Johns Hopkins, a TRICARE option, 6:30 to 8:30 p.m., Oct. 27 in the APG Recreation Center television room.

The session is open to all DEERS-eligible active duty family members and retirees of all ages and their family members of the seven uniformed services, family members of Reserve/National Guard on active duty for 31 days or more, unmarried spouses and qualified unmarried children of deceased retired service members.

For more information, to schedule a private consultation or to make a reservation, call 1-800-808-7347 or 443-287-2529.

Catholics celebrate Feast of All Saints Nov. 1

To celebrate the feast of All Saints there will be a Eucharist at the Aberdeen Post Chapel 11:45 a.m., Nov. 1, and at the Edgewood Chapel at 7 p.m.

PWOC begins 'Operation Christmas Child'

PWOC invites all women of the APG community to participate in 'Operation Christmas Child,' 6 p.m., Nov. 7, at the APG Chapel.

Participants will assemble and decorate shoe boxes filled with gifts for needy children. Each shoebox will be labeled for a boy or a girl in a specific age group (birth to 14 years). Appropriate gifts include toys, school supplies, hygiene items and nonperishable food items.

Anyone wishing to donate a shoebox gift can drop it off at the chapel by Nov. 19.

Snacks and childcare are available.

For more information, call Theresa Salgado, 410-297-6618.

Route 22 is open, 755 remains closed

The Harford Gate (Route 22) is now open and the Aberdeen Gate (APG Road) is closed to traffic. The Harford Gate is only for U.S. government ID card holders.

Trucks and visitors without government ID must continue to use the Maryland Gate (Maryland Route 715).

Construction continues on the Wise Road Gate (Route 755) and will be closed until construction is completed.

APG Shoppettes go to 24-hour gas operation

The Aberdeen and Edgewood Shoppettes have 24-hour operations for gas-line purchases.

Customers can make credit

card purchases only beginning about an hour after closing time said Aberdeen supervisor Crystal Washington.

"The store closes at 9 [p.m.] and the pumps won't be functional until after the end-of-day reports, about 9:45 [p.m.]," Washington said.

Gas purchases at the Edgewood Shoppette, which closes to 7 p.m., can be made after 8 p.m.

Customers can only use credit cards as there can be no cash transactions after business hours.

For more information, contact Thea Sarver, AAFES store manager, 410-278-5784.

Native American Honoring Celebration

The Native American 11th Honoring Celebration will be held 11:30 a.m. to 12:30 p.m., Nov. 8, at the Aberdeen Recreation Center, building 3326.

This year's theme is "Honoring Heritage... Strengthening our Nation's Spirit." Guest speaker/singer/dancer will be Matthew White

Eagle. Free admission. Food sampling and a free Native American Cookbook is available.

For more information, call Sgt. 1st Class Thomas Serino, 410-278-1534; Carol Baker, 410-436-2182; Gelina Adams, 410-278-5107; Georgia Braun, 410-436-5022; Kathleen Crosby, 410-278-1137; Carol Pannell, 410-436-3267; Maria Terry, 410-278-6622; and Ginger Simpson, 410-436-1408.

AMC to brief NSPS

The U.S. Army Materiel Command G-1, Maureen Viall, will visit Aberdeen Proving Ground to conduct Town Hall meetings on the National Security Personnel System for all APG General Schedule employees 8:30 and 10:30 a.m. and 1:30 p.m. Nov. 14 in the Edgewood Conference Center, building E-4810; and 8:30 and 10:30 a.m., Nov. 15, at the Post Theatre, building 3245.

This meeting is to provide an overview of NSPS followed by a question and answer period. All GS civilians as well as military supervisors of GS

civilians are encouraged to attend.

For more information, visit <http://www.cpmc.osd.mil/nsps/>.

PWOC holds dinner

Protestant Women of the Chapel invite all women of the APG community to its Progressive Dinner 6:30 p.m., Nov. 14, at the APG Post Chapel. The Progressive Dinner program includes eating many different dishes, games/playing and fellowship. Food and childcare will be provided. For more information, call Pamela Poore, 443-345-4247.

61st Family Readiness Group meets

Headquarters and Headquarters Company, 61st Ordnance Brigade Family Readiness Group meets the third Tuesday of every month.

Guest speakers discuss Army regulations, yard of the month, legal concerns, stress management, unit happenings and other audience-proposed topics. This month's meeting is 6 p.m., Nov. 15, in building 4310.



Channel 21 features Pentagon channel programming

These programs are subject to change each week and will be updated accordingly.

Monday

Focus on the Force, 5:30 a.m.
American Veteran, 9:30 a.m. and 9:30 p.m.
Army Newswatch, 11 a.m.
FJ Iraq/AF Prime Time, 1 p.m.
State Department Briefing, 3 p.m.
Around the Services, 5:30 p.m.

Tuesday

Around the Services, 8 a.m. and 8 p.m.
Stallion Report, 10:30 a.m.
Focus on the Force, 1 p.m.
State Department Briefing, 3 p.m.
FJ Iraq/AF Prime Time, 4 p.m.
Army Newswatch, 7 p.m.
Navy/Marine Corps News, 9 p.m.

Wednesday

Around the Services, 8 a.m.
Army Newswatch, 9:30 a.m. and 9:30 p.m.
American Veteran, 1 p.m.
Focus on the Force, 2 p.m.
State Department Briefing, 3 p.m.
FJ Iraq/AF Prime Time, 4 p.m.
Stallion Report, 5 p.m.
Around the Services, 8 p.m.

Thursday

Around the Services, 8 a.m. and 8 p.m.
Army Newswatch, 9 a.m. and 9 p.m.
Navy/Marine Corps News, 11 a.m.
Focus on the Force, 1 p.m.
State Department Briefing, 3 p.m.
American Veteran, 5 p.m.

Friday

Around the Services, 5:30 a.m. and 8 p.m.
FJ Iraq/AF Prime Time, 9 a.m.
Recon, 12:30 p.m.
State Department Briefing, 3 p.m.
FJ Iraq/AF Prime Time, 4 p.m.

Saturday

Around the Services, 5:30 a.m.
FJ Iraq/AF Prime Time, 7:30 a.m. and 9:30 p.m.
Engineer Update, 1:30 p.m.
Opportunity Showcase, 3 p.m.
Army Newswatch, 5:30 p.m.
Battleground, 7 p.m.

Recon, 8 p.m.

Sunday

Army Newswatch, 5:30 a.m. and 4:30 p.m.
FJ Iraq/AF Prime Time, 10:30 a.m.
Stallion Report, 11 a.m.
American Veteran, 1 p.m.
Navy/Marine Corp News, 3 p.m.
Around the Service, 7:30 p.m.
Battleground, 9:30 p.m.

Army Newswatch – Bi-weekly report on the men and women of the Army

Around the Services – From the Pentagon Channel NewsCenter, daily half-hour program featuring military news from top defense officials and the military services from around the world

RECON – A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. Military men and women.

Your Corps – Monthly view of the men and women of the Marine Corps

Freedom Journal Iraq – A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq

Navy Marine Corp News – A weekly look at the men and women of today's sea service.

Opportunity Showcase - A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the United States Air Force

The American Veteran - A half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service

Battleground - Every weekend, this series features historic films from WWII, Korean War, and the Vietnam War. A Pentagon Channel Original Series

Focus on the Force – A weekly program highlighting missions, operations and people of the U.S. military.

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ments? Financial problems? Medical bills? IRS liens? *It doesn't matter!*

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Defibrillator/STENT Recall Alert

Certain implantable defibrillators have been recalled by the FDA. You or a family member may be able to pursue a legal claim if you have a recalled Guidant or Medtronic implantable defibrillator. Call Attorney Lee Hollis at 800-701-3672.

Guidant subsidiary Endovascular Technologies pled guilty to nine federal felony counts and agreed to pay \$92 million in penalties related to failing to report malfunctions in its Ancure stent-graft device. If you or a loved one had complications from surgery through the groin to repair an abdominal aortic aneurysm, please call us at 800-701-3672.

Lee Hollis practices in KS, but associates with attorneys throughout the U.S. Not available in all states.

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Jump Start Your Holiday Shopping!



CENTURY 21® Curry Agency Welcomes James Clark

Aberdeen, Maryland, 2005 - CENTURY 21® Curry Agency is pleased to announce James Clark has joined its firm as a sales associate. He will specialize in residential sales in the Harford, Cecil County area.

"We are thrilled to have Jim join our team", said Don Curry, Broker. "It's an exciting time to be with the CENTURY 21® System as we increase our presence in the Harford and Cecil County area.

James just successfully completed extensive training and licensing through CENTURY 21® Real Estate School. Classes were held at CENTURY 21® Curry Agency and covered a variety of topics from Real Estate fundamentals to law and ethics. In addition he also has completed a training course with Don Curry of CENTURY 21® Curry Agency which focused on customer service, contract documentation training and the day to day basics of the Real Estate business.

Don Curry added, "We believe training supports growth and professional excellence in the real estate industry. Performance-based training is necessary to assure that CENTURY 21® associates maintain their competitive edge and offer the best service possible to their clients".

James is a native of Havre de Grace, Maryland and attended Havre de Grace Consolidated High School. He completed his high school education and graduated from the United States Armed Forces Institute. Having a keen interest in business he earned his Associates of Arts Degree in business administration in 1972 from Harford Community College. 1974 would see the completion of his Bachelor of Science Degree in business administration from Morgan State University which would prepare him for the next 34 years with the federal government. During that time he went from here to Germany and back working in such positions as Fork Lift Operator, Warehouse Foreman, Deputy Commissary Officer, Commissary Officer and completed his career in September 2005 as Store Director, Fort Meade Maryland.

James and his wife Greta are proud parents of 6 boys & 1 girl and make Havre de Grace their home. In his free time Jim loves boating, alpine skiing, refereeing football and basketball and working in his church and the community.

After 34 years of service to customers in the commissary business he looks to provide that same level of quality service to his Real Estate customers and clients whether they're looking to buy or sell a home.

So give Jimmy a call today at 410-688-1605.

143rd triumphs in boxing ‘smoker’



The 143rd Ordinance Battalion boxing team poses with the championship trophy after defeating the 16th Ordinance Battalion, 12-5 at Hoyle Gym Oct. 15. Pictured with the team are Commander Lt. Col. Linwood Clark, far left, and Command Sgt. Maj. Robert Green, far right.

Story and photos by Yvonne Johnson
APG News

The 143rd Ordinance Battalion boxing team overwhelmed its cross-post rival, the 16th Ordinance Battalion, to win the rematch of the Morale, Welfare and Recreation Boxing Smoker at the Hoyle Gym and Fitness Center Oct. 15.

The Edgewood fighters won 12 of 17 matches for their coach Adoon Jordan in his final event before departing the installation for Germany in January.

“This was awesome,” Jordan said. “We worked hard and it showed.”

He thanked drill sergeant Duane Edwards, his assistant coach, for sharing his expertise.

“His knowledge really helped, along with other dedicated coaches,” he said.

“They laid it all on the line,” he added of the warrior Soldiers. “And the ones that lost went out standing.”

Raymond McFarland coached the 16th Ordinance Battalion team.

Heavy pounding in the ring and a lot of screaming from unit supporters outside of it dominated the evening as fighters poured it on.

There were impressive performances by boxers on both teams.

“Safety was the biggest concern,” said Joseph Cooper, chief of referees from USA Boxing in Washington, D.C., who called each fight.

Earlene Allen, MWR senior programmer, said the next boxing smoker may be in the late February to early March time frame.

“Before this one was over people were asking about the next one,” Allen said.

“We’ll continue to plan boxing events as long as the command, community and Soldiers continue to support it.”

Supporting elements for the event included Capt. Darius Mydlarz and nurse Cynthia Parris from Kirk U.S. Army Health Clinic who tended to fallen fighters, checked each boxer for signs of concussion, and treated bloody lips and noses after each match. Medical support included Emergency Medical Technicians from the APG Fire Department who were on hand to transport injured Soldiers, if necessary.

William Bravo, Company B 16th, served as the ring emcee.

In addition, Shelly Smith of the GNC store in the Post Exchange provided complimentary vitamin samples, energy drinks, pill cases and other gifts for attendees as well as a door prize of a gym bag filled with GNC goodies.

Along with the show of force, Kyle McDevitt and Brittany Novak treated Soldiers to a show of legs as ring girls. Every trip around the ring was greeted by approving whistles and cat calls.

Each boxer received a medallion for their participation from battalion leaders who included 143rd Ordinance Battalion commander Lt. Col. Linwood Clark and Command Sgt. Maj. Robert Green; 16th Ordinance Battalion commander Lt. Col. Richard Parker and Command Sgt. Maj. William Hart; and APG Garrison Command Sgt. Maj. Elvis Irby.



A swing and a miss by the 16th’s Dawain Robinson, right, on Travis Bass of the 143rd, left, is watched closely by referee Joseph Cooper. Bass took the bout in three rounds.



The 143rd’s Stephan Cunningham, left, raises one arm in victory as referee Joseph Cooper, center, raises the other after he’s announced the winner of the night’s final match against James Jenkins, 16th.



The 143rd’s Ivan Hollins and the 16th’s Michael Withers tangle it up during the fourth bout of the night. Hollins won the match.



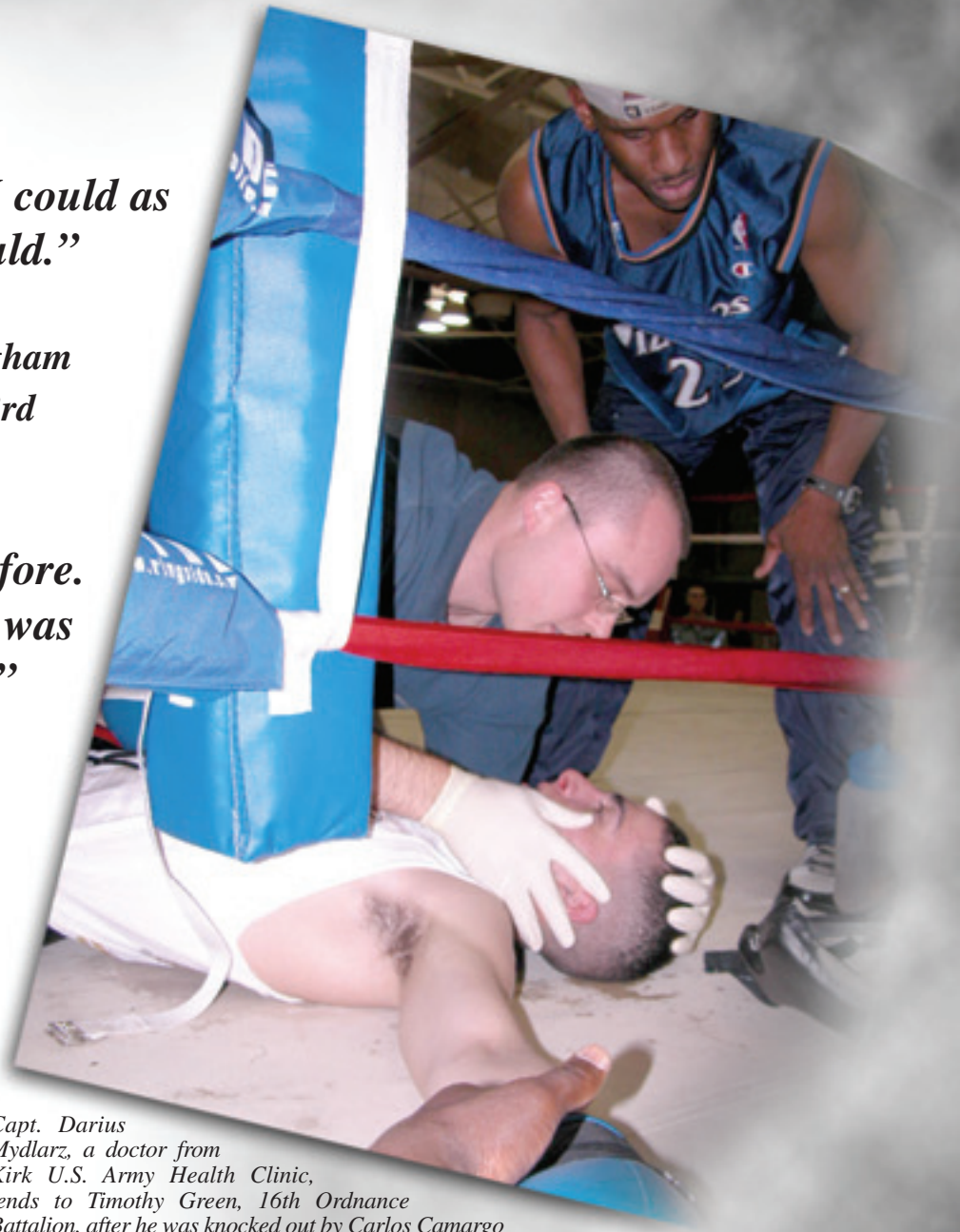
Antwan Farmer, 16th, left, takes one on the cheek from 143rd’s Elester Warner, right, during the 13th bout which was stopped by the referee. Farmer got the win.

“I hit as hard as I could as quick as I could.”

Stephan Cunningham
Company B 143rd

“I never boxed before. He did okay but I was more prepared.”

Mark Hill
Company B 143rd



Capt. Darius Mydlarz, a doctor from Kirk U.S. Army Health Clinic, tends to Timothy Green, 16th Ordinance Battalion, after he was knocked out by Carlos Camargo of the 143rd as 16th boxing coach Raymond McFarland looks on.



Maria Kelley, 143rd, left, and Cody Landis, 16th, right, exchange blows during the 14th fight of the evening which went to Landis.



Cynthia Parris, a Kirk U.S. Army Health Clinic nurse, checks out 16th Ordinance Battalion’s Jauren Cabrea who was a little woozy after a loss to 143rd’s Garda Simmons.



Morale, Welfare & Recreation

Activities

Registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at www.apgmwr.com.

Basic auto mechanics class

Instructional classes designed to enable the student to perform maintenance on a vehicle's engine and accessories will be held Wednesdays, 6 to 7 p.m., Nov. 2 through 30, Automotive Crafts, building 2379.

The skills learned in this class can also be applied to lawn mower engines as well as other small engines.

The hands-on training received in these classes will help participants to recognize the warning signs and gain the necessary skills required to maintain their vehicles, possibly avoiding expensive repairs.

Cost is \$35. Register by Oct. 28.

Daytona Race specials

Three specials are being

offered for race weekend, Feb. 16 through 19 in Daytona. The last day to purchase tickets is Dec. 16.

GREAT AMERICAN RACE WEEKEND is a two-day package including one ticket for both the Daytona 500 and Hershey's Kissables 300 Busch races for \$103.28 per person (regularly \$162).

The seats are located on the superstretch in Allison, Lund or turn 2 sections.

ALL AMERICAN OFFER includes one seat for the Daytona 500 and one Daytona 500 hat for \$102.25 per person (regularly \$132)

The seats are located on the superstretch in Allison, Lund or turn 2 sections.

NEXTEL FANZONE PASS for the Daytona 500 race only costs \$75 per person (regularly \$90).

For more information or to purchase tickets, visit MWR Registration, Tickets, & Leisure Travel, building 3326, call 410-278-4907/4011 or e-mail mwr_registration@usag.apg.army.mil.

Forever Swing's Zoot Suit

The Lyric Opera House will present Forever Swing's Zoot Suit, 2 p.m., Nov. 26. Tickets

cost \$54. From the creators of Forever Swing comes an all new swing musical. It's a full on stage orchestra, talented singers, and high energy swing kids. You ain't seen a thing, if you don't see this Swing.

Pre-order tickets today.

The last day to purchase tickets is Nov. 10.

Radio City Christmas spectacular

Travel to New York City to see the Radio City Music Hall Christmas Spectacular featuring the Rockettes. Tickets for performances on Nov. 19, Dec. 3, 10 and 17 cost \$121. After the show, there will be time for holiday shopping.

2005-06 cheerleading program

Registration at Aberdeen and Edgewood Youth centers will be held Oct. 17 through Nov. 10. Eligible youths include ages 6 through 15 as of Dec. 31, 2005. Youths must be a CYS Member, and can join at \$18 per year. Cost is \$40.

The Youth Cheerleading program will perform cheers for the Youth Basketball teams. The program is open to eligible youths of active mili-

tary, reserves, retired military and DoD civilians. Practices are held twice a week and games will be held on Saturdays.

Practices begin the week of Nov. 28, and games begin every Saturday in January through mid-March.

Volunteer coaches are also needed in order to conduct the program. For more information or to volunteer, call Bill Kegley at 410-306-2297.

The Edgewood program registration will be held at building E-1902, Scully Road.

For more information or to make an appointment, call CYS central registration, 410-278-7571/7479.

Army vs. Navy football classic

It's the goats versus the mules in the annual Army-Navy football classic, 2:30 p.m., Dec. 3, at Lincoln Financial Field in Philadelphia, Pa. Tickets cost \$86 per person and includes upper level ticket, motor coach transportation to and from the game. A few surprises are in store to make the trip more fun.

Purchase tickets by Oct. 28.

Tee up for Customer Appreciation Days

Exton and Ruggles Golf Courses offer their Annual Customer Appreciation Tournaments. Tee time is 8:30 a.m., Captain's Choice Format. Includes cart, prizes and appetizers after golf tournaments.

Exton Golf Course tournament will be held Nov. 5. Sign-up by Nov. 3. Cost is \$15 for annual patrons and \$30 for value card holders. Call 410-436-2213.

Ruggles Golf Course tournament will be held Nov. 19. Sign-up by Nov. 11. Cost is \$15 for annual patrons and \$36 for value card holders.

For more information, call Dave Correll at 410-278-4794 or e-mail dave.correll@usag.apg.army.mil.

Passport to Manhood

Passport to manhood, a program designed for young men, ages 9 to 16, will be held 6:30 to 8 p.m., on Thursdays, beginning Nov. 3.

Child and Youth Services registered members may sign up for this program at either Aberdeen Youth Services or at CYS Central Registration.

All young men are welcome to come and learn about their future as men. Each class will feature a guest speaker.

Parents are invited to come and share this experience with their children. The designated meeting date and time will be established pursuant to the availability and time of the parents.

Annual CYS memberships cost \$18 per child or \$40 per family.

See Washington Wizards battle Seattle Sonics

Community Recreation Division offers tickets to the Washington Wizards-Seattle Sonics game, 7 p.m., Nov. 11, at the MCI Center, Washington, D.C.

A limited number of tickets are available - \$33 for lower level (normally starting at \$125), and \$11 for upper level (normally costs \$45). Pre-order tickets now. Register by Nov. 4.

Friday Social at Top of the Bay

Free munchies, music and games are featured at the Friday Social, 4 to 8 p.m. in the Down Under located on the lower level of Top of the Bay.

Additional beverages and food are available for purchase.

LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday through Thursday and closed on Friday. For more information, call 410-278-3417.

The following is a list of some new items available at the APG MWR Library:

One Woman's Army: The commanding general of Abu Ghraib tells her story by Janis Karpinski

The Good Doctor's Guide to Colds and Flu by Neil Schachter

Attack the Messenger: How politicians turn you against the media by Craig Crawford

On Point: The United States Army in Operation Iraqi Freedom by Gregory Fontenot

Retire Worry-Free: money-smart ways to build the nest egg you'll need, 5th edition by the editors of Kiplinger's Personal Finance.

Fair Tax Book: Saying goodbye to the Income Tax and the IRS by Neal Boortz

The library's Web site www.apgmwr.com/recreation/libraries.html provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.

SCHOOL LIAISON

Harford County to hold meetings on school topics

The Board of Education of Harford County and Harford County Public Schools will sponsor a series of Town Meetings in late October at four area schools. Citizens from each of the regions are invited to attend any meeting to provide the board and school leadership with input on topics including visioning and redistricting.

The Town Meetings will include smaller focus groups to encourage the exchange of ideas. The last meeting is tonight, Oct. 27, 7 to 9 p.m. at North Harford Middle School for the North Harford High School and Fallston High School areas.

For more information, call Don Morrison, 410-588-5203.

Parent Forum

A Parent forum will take place 5:30 to 8 p.m., Nov. 3, at Aberdeen High School for parents of students in Bakerfield, Church

Creek, Churchville, George D. Lisby Elementary at Hillsdale, Hall's Cross Roads, Havre de Grace Elementary, Meadowvale and Royce-Williams Elementary schools.

For more information, call Mike Seymour, supervisor of Equity and Cultural Diversity, 410-273-5678.

Essay contest accepting submissions

The John F. Kennedy Library Foundation announced Oct. 3 that the 2006 John F. Kennedy Profile in Courage Essay Contest is now open and accepting submissions from U.S. high school students enrolled in grades nine through 12. The deadline for entries is Jan. 7, 2006.

Students and teachers may access the contest's Web site at www.jfkcontest.org.

MWR framing, ceramics classes offering fall specials

Yvonne Johnson
APG News

Customers can get the jump on holiday shopping during the Morale, Welfare and Recreation Fall Framing and Ceramics Frenzy at their Aberdeen and Edgewood locations. From now until Nov. 30, there is a \$15 discount on custom framing orders over \$150. The frame shop, which offers custom framing, a framing self-help area and custom engraving, is located in building 2407 in Aberdeen.

Also until Nov. 30, there is a two-for-one special at the Edgewood ceramics shop, in building E-4440. The shop fee for ceramics includes paint and materials. Customers must purchase their own ceramics to paint. Building E-4440 in Edgewood holds the frame, ceramics, stained glass and woodshops.

Debbie Brooks-Harris,

Aberdeen craft shop manager, said that with 40 years experience between she and Holly Shisler, who runs the Edgewood shop, they've framed just about everything frame-able from baseball jerseys to record albums to antique walking canes.

"We're very creative in our craft. A lot of things we do here I've never seen anywhere else," she said. "We go out of our way to make your gift or memento as unique as possible."

Framing services include an assortment of matting choices as well as frame styles. In addition, customers who complete the MWR framing and woodshop classes can come in and use the facilities on their own.

"We're set up as a do-it-yourself facility," Brooks-Harris said.

"We're approaching our busy season so customers

should come in early, especially if they're ordering gifts."

The ceramics shop is only available in the Edgewood facility.

"Ceramics is coming back in new forms," Shisler said. "We have bisque ware that's already fired so customers can come in and do fun things right away."

The shop encourages walk-ins and no training is required. "Children must be accompanied by adults," she said.

The Aberdeen Arts and Crafts hours of operation are Tuesday to Friday, 10 a.m. to 5 p.m. and Saturday, 9 a.m. to 5 p.m.

The Edgewood Arts and Crafts hours of operation are Thursday, 1 to 9 p.m. and Friday and Saturday, 9 a.m. to 5 p.m.

For more information, call the Aberdeen shop at 410-278-4207 or the Edgewood shop at 410-436-2153.

DO IT YOURSELF AUTO MAINTENANCE

and the MWR staff is there to help!

Automotive Crafts...Bldg 2379

410-278-5178
Hours: Wed - Fri 1100 - 1930 Sat - Sun 0900-1700
(Closed Mon & Tue)

**19 Bays and 5 with lifts, Diagnostics, Tools
Tire Changing/Balancing/Rotor & DrumTurning, and more..
Please stop by and check us out.**

Upcoming classes:
Basic Auto Mechanics
Wednesdays: 2 - 30 November
\$35....Register by 28 October, 2005

Powder Puff Class
20 October or 17 November
1700-1900
Two hour hands-on class for women.
\$5

**Register same day at Auto Crafts or
MWR Registration (Bldg 3326
410-278-4907/4011)**

Fall Framing & Ceramics Frenzy

Arts & Crafts..Bldg 2407
410-278-4207
Hours: Tue - Fri 1000 - 1700 Sat 0900-1700
(Closed Sun & Mon)
OR
Bldg E4440
410-436-2153
Hours: Thu 1300 - 2100 Fri - Sat 0900-
(Closed Sun - Wed)

Woodshop	Stained Glass	Ceramics	Framing
Ceramics Shop Bldg E4440 Two for the price of One (\$8 savings) Shop fee includes paints and materials. Customers must purchase their own ceramics to paint. 410-436-2153		Custom Framing \$15 OFF any purchase of \$150 or more	
Offer expires Nov. 30 2005		Offer expires Nov. 30 2005	

Training

From front page

go to SkillPort at <http://usarmy.skillport.com> and use the Help Guide, Getting Started Guide, the catalog, or log into the system and use the Technical Support link or help buttons throughout the site, or e-mail Army@skillsoft.com.

On Jan. 8, 2004, the Administrative Assistant to the Secretary of the Army signed a policy letter, subject: Utilization of the Army's e-Learning Program. This letter directs all Army organizations and major commands to use the Army's e-Learning Program as the primary method for satisfying their workforce information technology requirements at no cost

to either the organization or the individual. Both the Army's Distance Learning General Officer's Steering Council and the Army Audit Agency strongly supported this policy.

The Army e-Learning program provides an efficient, effective and affordable means to attain and maintain necessary IT skills. This program restricts the use of traditional instructor lead classroom training methods to only those courses not available through e Learning. Members of the Army workforce may register via the Army Knowledge Online under the My Education channel.

(Editor's note: To view the policy letter, visit http://www.apd.army.mil/pdffiles/1350_04_1.pd.)

Technology

From page 2

global technologies available," said Craig Hunter, deputy assistant secretary of the Army for Defense Exports and Cooperation. "By doing so, the Army can best maintain its technological superiority and at the same time prevent technological surprise on the battlefield.

"Locating existing technology also reduces research, development, production and support costs through shared resources and economies of scale," Hunter said. "The ITCs are able to build relationships and serve as a liaison with industries, labs and academia. In doing their mission they are able to find and link basic and applied research to the various Army laboratories and research centers that further the Army's transformation.

"Their role is vital as they also serve as the Army's acquisition, logistic and technology in-country representative," he said.

The concept of international offices dates as far back as 1948 when the Army staffed an office in the United Kingdom to foster post World War II cooperation, Gigrich said.

The ITCs develop relationships with foreign universities and industry researchers as they seek out existing and emerging technologies.

ITC members reduce the cost in researching existing technologies by providing initial assessments of potential technologies, sometimes sav-

ing research laboratories time, travel and expenses.

When reviewing the technologies abroad, the ITCs look for innovations that provide tangible and intangible returns on investment.

"The return on investment for the ITCs cannot be measured by just the cost savings/avoidance to the U.S., but must include the relationships, access to facilities and other time savings which occur through the help of our ITCs," Gigrich said.

"The ITCs are also instrumental in determining the best foreign agencies to assist in filling requirements and linking scientists and engineers from those organizations to the U.S. technical experts to maximize our benefits. However, the most tangible measurement of cost savings is through international agreements. These agreements have saved the U.S. \$32 million per year.

"The ITCs have a history of contributions to the Army capabilities, enhanced effectiveness and interoperability and continue to provide valuable solutions to ongoing needs for minimal costs," Gigrich said.

"The battlefield commander wants and needs solutions now," Brown said.

"The ITCs review technology abroad in hopes of finding a technology that can be implanted or will enhance current technologies in use or in research that will improve current or future items in development. It is all about locating the best technology for the Soldier and putting it to good use," Brown said.

MCEC

From front page

Because relocating commands to APG will include the influx of hundreds of Department of Defense civilians, the impact of transition on those youths not used to relocating must be factored in, he said.

"Don't just think about the military child. There will be upwards of 10,000 families moving to Harford County, and their number one concern is schools.

"The impression you make on those children will be very important to the success of APG," Wright added.

Col. Frank Merritt, commander of the U.S. Army Ordnance Center and Schools' 61st Ordnance Brigade, which makes up the vast majority of the installation's military families, was the guest speaker for both days during the noon break.

Merritt said that during his 24-year career he moved 14 times, averaging a move every two years.

"That's a big transition for families and children," he said.

He talked about issues facing transitioning youths such as "curriculum requirements that vary from school system to school system, state to state and country to country."

Commenting that the military child's advantage is that they get to experience other countries, Merritt said that "military children can bring a lot to the plate."

He asked the counselors to remember that transitions affect children differently.

"Some manage and continue to do well in school and

some are hard to reach," he said. "Whatever you can do to mitigate their transitions will be greatly appreciated by military parents."

At the training's conclusion, Keller said the two days "went very well."

"We had a good group of people with the right attitude," she said.

She added that the training was the result of "a joint effort between MCEC and APG."

"We couldn't do it without support from the installation," she said. "Ivan Mehosky has been most supportive. It really makes a difference when the local command recognizes and supports what we are doing."

She said that MCEC has trained more than 3,000 personnel, staff and volunteers.

"Whether for training or for professional development, this training reinforces the message that seeing to the needs of the transitioning child is a shared responsibility," Keller said.

The Military Child Education Coalition, MCEC, is a nonprofit 501(c)(3) organization that promotes partnerships and provides for networking of military installations and their supporting school districts.

Their focus is to address transition and other educational issues related to the military-connected child, including active duty, National Guard, and Reserves.

MCEC seeks to include all military installations, their supporting schools, concerned organizations and caring individuals.

USAF instructors focus on military history during battlefield tour

Detachment 1, 361st TS

During the post-9-11 era, it's easy to focus on today's challenges, missions, and tools of combat while training young Soldiers, Airmen, and Marines, and fighting the Global War on Terror. However, it's important to recognize the nation's military heritage and study the important principles taught by its predecessors – principles applicable even in today's vastly different arena.

The U.S. Air Force Detachment at APG put this into action by traveling with Dr. William Atwater, director of the Ordnance Museum and frequent contributor to the History Channel studies of military history, to Gettysburg National Military Park in Gettysburg, Pa., Oct. 6. There, they studied principles demonstrated during the July 1 through 3, 1863 battle and learned a great deal about the key characters involved.

Atwater led the group to a series of locations crucial to the battle, and outlined the events and the military principles involved.

The group conducted what Atwater referred to as a "staff ride," walking the ground of each encounter and seeing the terrain and challenges at each location, including climbs to observation towers.

The Air Force members were fascinated by Atwater's descriptions of the merits and personalities of the key Union and Confederate participants – including his great-great-grandfather, who participated in Confederate General George Pickett's

famous charge that reached into the Union lines at the battle's climax.

Master Sgt. Patrick O'Keefe, Aircraft Metals Technology Course superintendent and an avid student of military history, described the tour as "unforgettable."

"Dr. Atwater brought those days to life like no one else has," O'Keefe said. "We were able to get into the minds of the key leaders, and their troops, and understand what life was like."

William Fuentes, Metals Technology instructor and participant in historical reenactment events, agreed.

"I got a much better understanding of what happened on those three hot, smoky days," Fuentes said.

The group also learned about the ordnance used during the battle, including the Napoleon, Parrott, and Whitworth cannon used on both sides, and the military traditions established on both sides.

The tour was arranged by Maj. Steven Pratt, detachment commander and a student of history.

"Our staff will remember what they learned today as they do their mission, and apply the lessons they learned for the rest of their

careers." Pratt said.

Atwater has conducted similar tours of the battlefield for students at the Army War College and the Ordnance Officers' Basic Course. This was the second of three such tours within two weeks. He has conducted tours for students at the Canadian Military Academy recently, and the U.S. Marine Detachment at APG.



Photo by MASTER SGT PATRICK O'KEEFE
Dr. Jack Atwater, director of the Ordnance Museum, describes the violent events of July 2, 1863, to members of the Air Force Detachment Oct. 6 as they look westward from Little Round Top toward the Devil's Den at Gettysburg National Military Park, Pa. Union troops hastily rushed to this point, led by Col. Joshua Chamberlain of Maine, and narrowly turned back Confederate advances on the second day of the famous Civil War battle.

Wearing the 'Red Badge of Courage'

ASAP

Red Ribbon week, Oct. 24 through 29, is a time when people can take a visible stand against drugs and show their personal commitment to a drug-free life style through the symbol of the Red Ribbon.

The theme for the 2005 Red Ribbon Campaign, "The Red Badge of Courage," celebrates and commemorates the 20th anniversary of the kidnapping, torture and murder of Drug Enforcement Agent Enrique "KiKi" Camarena at the hands

of drug traffickers in Mexico. Friends and neighbors wore red 'badges' of satin in his honor to show they would continue his fight against illegal drugs.

This tradition is carried on through the Red Ribbon Campaign. Red ribbons can be picked up at the APG Army Substance Abuse Program office, building 2477.

The ASAP staff works with communities and families to present a unified and visible commitment toward the creation of a drug-free America.

A Drug-Free Fun Run for children of all ages was held Oct. 15. All children had an opportunity to sign a banner, pledging their commitment to leading a drug-free life. The banner was located at the APG Fire Station and was signed by over 60 children.

The ASAP partners with the military and civilian communities to show their support by promoting drug-free families, children, and communities in Harford County.

"The ASAP staff are available to conduct prevention activities in schools supporting the APG family," said Jareta Coyle, ASAP alcohol and drug control officer. "For instance, two of our staff will be going to Edgewood Elementary to present prevention videos and handout prevention materials Oct. 27." Parents wanting to include their children's school in these activities are advised to first, coordinate with the school, and then contact the ASAP office, 410-278-DRUG.



Chapel services

Religious events

The Religious Education staff in the Aberdeen Proving Ground military community offers a wide variety of religious opportunities for all denominations and for all ages and groups of people such as scripture classes, adult education programs, youth ministry, children's programs, family spirituality, retreats and many programs of specific needs and concerns.

Volunteers from the chapel congregations service as teachers and assistants for all ages, adult facilitators, youth leaders and resource people. Chaplains, chaplain assistants and the director of Religious Education serve as religious resource persons and trainers.

GOSPEL

Sunday – 11 a.m. to noon
Sunday School for children ages pre-school through high school at Main Post Chapel.

Wednesday, 7 p.m. at Main Post Chapel
Adult Bible Study – Child care provided.

Children's Church – 2nd and 4th Sunday at 12:30 p.m. in Classroom 4, Main Post Chapel

For more information, call Clarence Weaver, 410-272-6583 or Gerri Merkel, APG DRE 410-278-2516

PROTESTANT

Sunday – 4:30 to 6 p.m. at Main Post Chapel
"AWANA" Program for children ages pre-school through high school

For more information, call Chap. (Maj.) Jeff Watters, 410-278-4333

CATHOLIC

Sunday – 10 to 11 a.m., Aberdeen
Religious education classes for children ages pre-school through grade 8 meet at Main Post Chapel. Classes include preparation for Confirmation (grades 8 and above)

For more information, call Gerri Merkel, APG DRE, 410-278-2516.

Sunday – 9:15 to 10:30 a.m., Edgewood
Religious Education classes for children ages pre-school through grade 8.

For more information, call Karen Henrichs, 410-671-7785 or Gerri Merkel, APG DRE, 410-278-2516

Catholic Youth of the Chapel (grades 6-12)

All Catholic youth are invited to participate in the youth ministry program once a month which includes good food, fun and fellowship, spiritual retreats, religious excursions, service activities and more. For more information, contact Bernadette Kovalsik, 410-322-5206 or Cathy Day, 410-937-2617.

Catholic Women of the Chapel (CWOC)

All Catholic Women of the Chapel in the APG are invited to meet every Monday night from 6:30 to 8 p.m. at Main Post Chapel. For more information, call Gerri Merkel, APG DRE, 410-278-2516 or 410-688-8422 (cell).

LEAVE DONATION

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Employees leaving the program should call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@usag.apg.army.mil, to complete a termination form.

Employees eligible for donations in the Voluntary Leave Transfer Program

Marian Bellis (fracture of left tibia)
Dianna Blevins
Leroy Carter
Barbara Cascio
Steven Clarke
Barbara Crossley
Carl Davis
Shelia Davison (benign paroxysmal positional vertigo)
Geraldine Eaton
Renee Gaffney
Susan Gorhan
Melanie A. Hoffman (parasinusitis, fibromyalgia condition)
Richard Hoffman
Patricia Lynch
Wayne Kaiser
Beverly King (caring for husband)
Danny Kopp (lung cancer)

William B. McLean (kidney failure)
Sandra Miller
Mary Pettitway
Donna Puckett
Tess Ramos (total hip replacement)
Boyd Richards
Cheryl L. Roark
James Royston
Leigh Sanders
Barbara Seker
Steven Sheely
Linda Shoaf
Alison Tichenor
Linda Tignor
Charles Young (kidney and pancreas transplant)
Gary Tudor (heart valve replacement)
Jerry Williams
Gerard Yursis

Military Mail Addressed to:	Express Mail Military Service (EMMS) ^{1/}	First-Class Mail® Letters/Cards	Priority Mail®	Parcel Airlift Mail (PAL) ^{2/}	Space Available Mail (SAM) ^{3/}	Parcel Post®
APO/FPO AE ZIPs 090-092	Dec 19	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12
APO/FPO AE ZIP 093	N/A	Dec 5	Dec 5	Dec 3	Nov 26	Nov 12
APO/FPO AE ZIPs 094-098	Dec 19	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12
APO/FPO AA ZIPs 340	Dec 19	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12
APO/FPO AP ZIPs 962-966	Dec 19	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12

1/ EMMS: Express Mail Military Service is available to selected military post offices. Check with your local Post Office to determine if this service is available to your APO/FPO of address.

2/ PAL: A special service that provides air transportation for parcels on a space-available basis. PAL is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid, in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

3/ SAM: Parcels paid at Parcel Post postage rates are first transported domestically by surface and then to overseas destinations by air on a space-available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined.

4/ GXG: Global Express Guaranteed is available to more than 200 countries via a partnership with Federal Express. See a retail associate at participating locations for a complete list of countries and money-back guarantee details or visit <http://www.usps.com/global/globalexpressguaranteed.htm>. Some restrictions apply.

5/ GEM: Global Express Mail is available to most countries with delivery in 3 to 5 business days. See a retail associate at participating locations for a complete list of countries or visit <http://www.usps.com/global/globalexpressmail.htm>. Some restrictions apply.

6/ GPM: Global Priority Mail is an accelerated airmail service available for items up to 4 pounds to 51 countries. The service is available in two attractive sized envelopes. Customers can also use their own packaging by adding the Global Priority Mail sticker. See a retail associate at participating locations for a complete list of countries or visit <http://www.usps.com/global/globalpriority-mail.htm>. Some restrictions apply.

International Mail Addressed to:	Global Express Guaranteed® (GXG) ^{4/}	Global Express Mail® (GEM) ^{5/}	Global Priority Mail® (GPM) ^{6/}	Global Airmail® Letters and Cards	Global Airmail Parcel Post	Global Economy (Surface)
Africa	Dec 19	Dec 10	Dec 7	Dec 5	Dec 5	Oct 14
Asia / Pacific Rim	Dec 19	Dec 16	Dec 14	Dec 12	Dec 12	Oct 28
Australia / New Zealand	Dec 19	Dec 16	Dec 14	Dec 12	Dec 12	Oct 28
Canada	Dec 20	Dec 17	Dec 14	Dec 12	Dec 12	Nov 18
Caribbean	Dec 19	Dec 16	Dec 14	Dec 12	Dec 12	Nov 4
Central & South America	Dec 19	Dec 10	Dec 5	Dec 5	Dec 5	Oct 28
Mexico	Dec 19	Dec 16	Dec 14	Dec 12	Dec 12	Nov 4
Europe	Dec 19	Dec 16	Dec 14	Dec 12	Dec 9	Nov 4
Middle East	Dec 19	Dec 16	Dec 14	Dec 12	Dec 12	Oct 21

Health

DoD striving for affordable, 'world-class' health care

Samantha L. Quigley
American Forces Press Service

The Defense Department is working to stem the rising cost of its military health system, which has essentially doubled since 2001, a senior defense health official said.

In 2001, military-health-system spending was about \$18 billion; today it is more than \$36 billion. And in the next four to five years, it is likely that the total budget will exceed \$50 billion, Dr. William Winkenwerder Jr., assistant secretary of defense for Health Affairs, told the military personnel subcommittee of the House Armed Services Committee during a hearing Oct. 19.

"The increase in health care cost is not unique to the military," he said. "What is unique for us is the goal to provide world-class medical care for all those who have served and continue to serve our country."

Providing that level of care for 9 million beneficiaries while keeping it affordable for the long term is the primary goal, he said.

And just like the private sector, the military is facing many obstacles to achieving that goal.

Winkenwerder said that caring for military retirees is the "principle underlying factor" of the rising costs. If trends continue, officials estimate that by fiscal 2009, 75 percent of the budget will be spent on paying for retiree health care.

"Just 20 to 25 percent [of the budget] will be spent on active duty service members and their families," he said.

Other contributing factors include rising pharmacy costs. This can be linked, in part, to implementation of the TRICARE Reserve Select coverage, which expands benefits to reserve-component personnel and their family

members who meet eligibility. A pharmacy benefits program with a standardized drug formula helping to keep the \$5 billion pharmacy budget from growing larger.

Legal opposition from large drug companies has stymied DoD's attempts to obtain retail discounts

TRICARE contracts fully implemented in fiscal 2005 use best-practice principles aimed at improving beneficiaries' satisfaction and controlling private-sector costs. Other cost-management measures include a performance-based management of military medical facilities and a quality-management program to help control costs.

Cost is only one issue the military health system is facing. Senior medical officials from the military service also addressed attracting and retaining medical personnel.

Army and Navy officials reported that medical school scholarships available for service members went unclaimed this year. Recruiting and retaining certain medical personnel has largely been affected by operations tempo, Vice Adm. Donald C. Arthur, the Navy's surgeon general, said.

"We've only deployed 40 percent of our medical force," he said. "But in that 40 percent are all of our surgeons, our anesthesiologists, our [operating room] technicians. And those people are growing weary of the constant deployment - two or three or more times. Our challenges are in recruiting those ... specialties."

Officials hope that more predictable deployment windows will help with retention, Arthur said, adding that the three services are working together to look at recruiting strategies.

The Air Force reported no problems with health-professions scholarships going

unclaimed this year, Lt. Gen. George P. Taylor, Air Force surgeon general, said. The Air Force and the other services are suffering from the same nursing shortage that's affecting the private sector. Taylor said several factors affect recruiting and retention.

"There is ... a fair amount of uncertainty in the force now, because of not only the warfight and the probability and the chances of deployment," Taylor said, "but also coming through the Base Realignment and Closure process."

BRAC has caused military medical personnel to wonder what and how the changes will affect them, he said.

The panel praised the military's medical force and strides made in improving battlefield survival. Placing state-of-the-art surgical and medical care far forward on the battlefield has enhanced battlefield health care for operations Enduring Freedom and Iraqi Freedom, Maj. Gen. Joseph G. Webb, Army deputy surgeon general, said. It is this ability to treat an injury within minutes of it occurring that has saved so many lives.

"In [Iraq], more than 91 percent of all casualties have survived their wounds, the highest survivability rate of any U.S. conflict," Webb said.

The panel also mentioned the preparations being made should there be an avian influenza pandemic. Commands have been provided with information and are planning their responses, Winkenwerder said. About 2.5 million courses of Tamiflu, a drug to treat the flu, will be received within the next month, and DoD is working on an agreement to ensure service members get several million of the first available doses of an avian influenza vaccine currently in development.

"Our first obligation, in order to help in a situation, is to have our own people protected," he said. "We're working on all fronts and we're making good progress."

Winkenwerder also lauded the military medical force's response to natural disasters and humanitarian issues citing the response to the tsunami in southeastern Asia and hurricanes Katrina and Rita in the southern United States and natural disasters in Guatemala and Pakistan. He said that the department's medical assets can provide unique assets found nowhere else.

"Once again, the department and the Military Health System demonstrated substantial and unique capabilities of support for humanitarian operations," he said.

VA warns of telephone prescription scam

VA

The Department of Veterans Affairs is warning veterans not to give credit card numbers over the phone to callers claiming to update VA prescription

information.

"Some unscrupulous scammers have targeted America's veterans, especially our older veterans," said R. James Nicholson, secretary of Veterans Affairs. "VA does not call

veterans and ask them to disclose personal financial information over the phone."

The latest scam, currently centered in the Midwest, comes from callers who identify themselves

as working for the "Patient Care Group." They say VA recently changed procedures for dispensing prescriptions and ask for the veteran's credit card number.

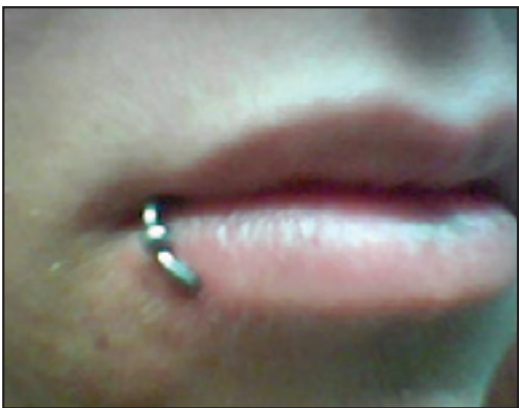
"VA has not changed its processes for dispensing prescription medicines," Nicholson said. "And we've definitely not changed our long-standing commitment to protect the personal information of our veterans."

Veterans with questions about VA services should contact the nearest VA medical center or call, toll-free, 1-877-222-8387.

For information, visit the VA Web Site, <http://www.va.gov> and <http://www1.va.gov/opa/pressrel/PressArtInternet.cfm?id=1037>.



Understanding the risks of Body Piercing



<http://www.uweb.ucsb.edu/~j-rad/pictures/lip1.jpg>
Marcie Birk
CHPPM

For more than 5,000 years, body piercing has been used as part of cultural rituals or for cosmetic reasons. Over the past 25 years, body piercing's popularity has increased dramatically in Western society as a fashion statement or a form of self-expression. However, piercing body parts can lead to allergic reactions, disfiguring scars, or infections.

The earlobe and upper ear cartilage are commonly pierced sites. Other piercing sites include eyebrows, nose, lips, tongue and navel.

On an Army installation or other places under Army control, Soldiers are subject to specific regulations regarding body piercing both on and off duty. Army Regulation 670-1, 1-14c states "Soldiers may not attach, affix, or display objects, articles, jewelry, or ornamentation to or through the skin..."

Female Soldiers may wear prescribed earrings while in uniform, but even ear piercing poses risks.

Allergic reaction and infection are common risks of body piercing. Itchy, red skin may be a sign of allergic reaction to piercing jewelry.

The only cure is to remove the jewelry and replace it with jewelry made with another metal such as stainless steel, silver or gold.

According to the Mayo Clinic, up to 30 percent of piercings result in bleeding or infections. Infections in upper ear piercings are especially serious because antibiotics can't

reach cartilage which has no blood supply. Cartilage infections can lead to permanent ear deformity.

Other risks of body piercings include blood-borne diseases like hepatitis B, tetanus, or Human Immunodeficiency Virus which can be passed from one customer to the next by contaminated equipment. The risk of tongue or lip piercings is injury to the gums and teeth.

"Tongue piercings are often accidentally bitten, causing chipped, cracked or broken teeth," said Maj. Georgia de la Cruz, U.S. Army Center for Health Promotion and Preventive Medicine Dental staff officer.

De la Cruz advises against oral piercings and tells Soldiers, "You don't need any more holes in your head."

Despite the health risks, body piercing continues to be popular.

Those who insist on body piercing should take the following precautions.

- Get the piercing from someone certified by the Association of Professional Piercers. Visit <http://www.safepiercing.org/index.html>.
- Call a local or state health department to ensure the studio has no health code violations.
- Call the local Better Business Bureau to check for consumer complaints against the studio.
- Avoid piercings from piercing guns which can't be adequately disinfected.
- Tour the studio to make sure it is clean and orderly. Ask staff the following questions:
 - Are piercings done with sterile needles that have never been used before?
 - Is non-disposable equipment sterilized in an autoclave?
 - Are tables, sinks, drawer handles, etc., cleaned with commercial disinfectant or bleach solution?
 - Are staff required to wash their hands before piercing and wear fresh latex gloves?

Risks of body piercing can be decreased but not eliminated. Do research if thinking about taking the plunge. It may only take a minute to get a body piercing, but a lifetime of regret could follow.

Civilian PT

From page 3

when it came to the floor exercises. I simply could not do as many repetitions as she could.

Have you ever tried lifting both of your legs at the same time - straight up, held together and toes pointed - while laying flat on your back?

"Don't worry," Boozier said. "I've been doing this for sixteen years."

Sixteen years, now that is endurance.

I used to think PT was just about becoming stronger and faster. But after this third day, it looks like those two goals are the most easily attained.

It's starting to dawn on me that a Soldier's endurance--the ability to be stronger and faster for as long as it takes to complete this mission--is the even greater goal. Soldier fitness isn't a sprint. In Boozier's case, it's 16 years of extra workouts and extra repetitions.

Day four: All for one
PT with advanced individual training students

My last day of PT started earlier than any of the others. The alarm clock insisted I get up at

four in the morning. It's a good thing too, because my sore and weary body was expected at Company A, 143rd Ordinance Battalion headquarters building by 5:15 a.m.

I warmed up alongside approximately 150 AIT Soldiers. Most of them were just out of Basic Training, newly embarking on their careers in the Army. It was struggling to achieve 50 degrees Fahrenheit outside.

I wish I could properly convey the feeling it gives you to stand behind a sea of Soldiers, jumping, stretching and shouting cadence in unison. It's as if you're not just exercising your body, but also your ability to be part of the team. The drill sergeants are there to motivate you, but as a member of the team, it's a duty that also falls on every other Soldier you're training with.

"This here, he's just my little brother from another mother," one 31-year-old Soldier told me.

He was referring to a fellow AIT trainee, 12 years his junior.

"I will continue to push him, long after we leave these barracks," the elder Soldier said.

For the two-mile run, the Soldiers split up into skill level groups. This way, everyone runs

together.

The natural competition on the runs allows for each group to push the bar, but still keep it within reach of every person in the running group.

Eventually, the bar is high enough for the Soldiers to go up in skill level, and start the process all over again.

The slogan may be "An Army of One," but on this final day of PT it was clear that every Soldier needs the support and push from his or her peers to meet and exceed standards.

At the finish line

Working in the Department of the Army I hear phrases like "situational flexibility, discipline, endurance and teamwork" all the time. I didn't realize that Soldiers were honing their skills in each of those areas before the sun rises, before I even start the day.

I used to look at Soldier's PT as the Army's way to keep their Warfighters fit.

I now realize that a toned physique is just a by-product of far greater lessons.



Photo by CONRAD JOHNSON, RDECOM
Soldiers from the 143rd Ordinance Battalion practice pre-dawn push-ups.